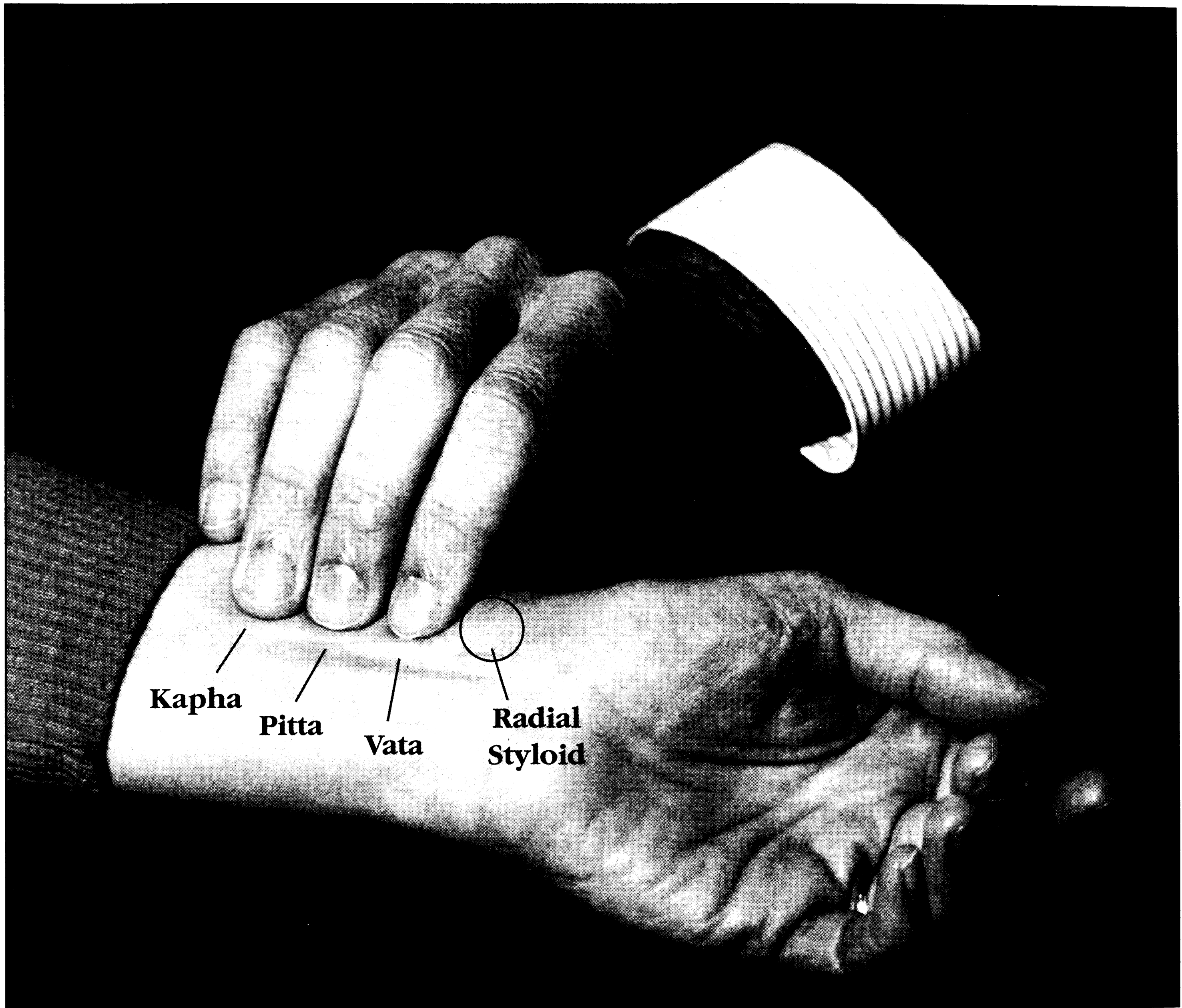
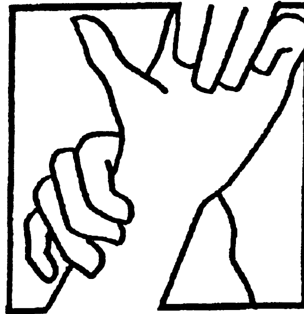
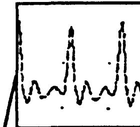

Kapha
Pitta
Vata
Radial
Styloid

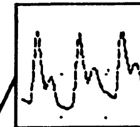
Table of Contents

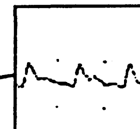
Lesson One: Identifying the Qualities of Vata, Pitta and Kapha in the Pulse



FINGER	QUALITY	DOSHA
Index	Snake	Vata
Middle	Frog	Pitta
Ring	Swan	Kapha


VATA

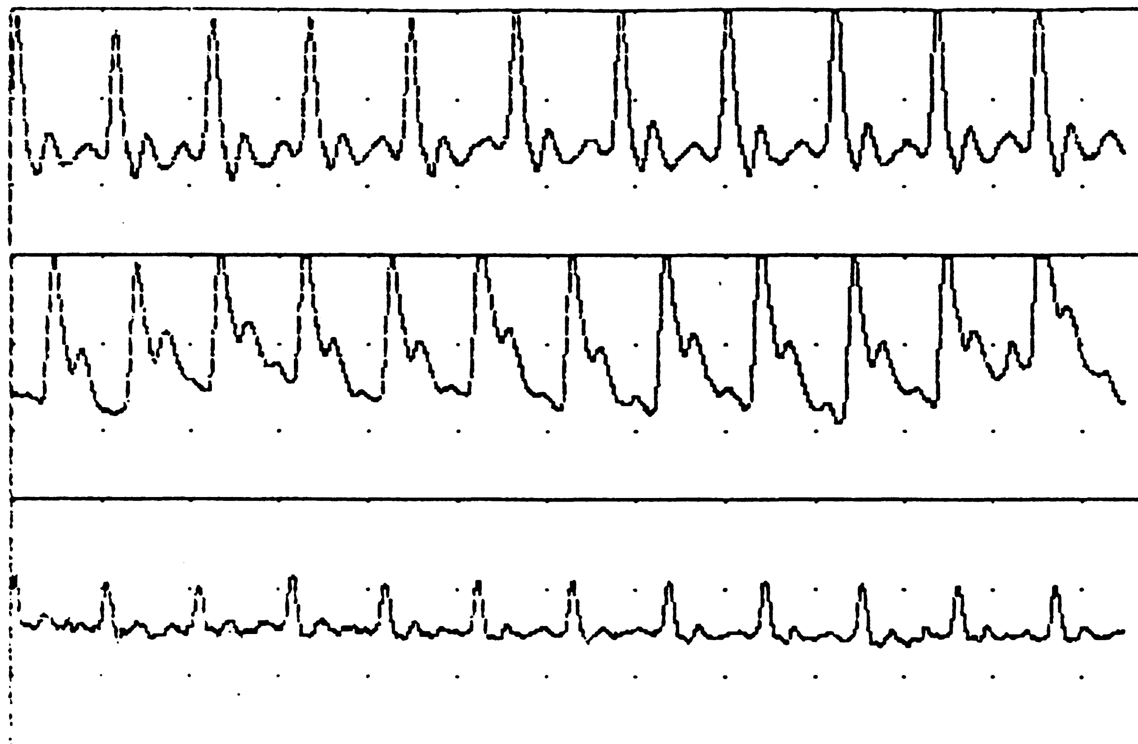

PITTA


KAPHA

SAMPLE LOG

Date	Time	V	P	K
1/2	1:30	Sn	Fr	Sw
1/4	2:30	Sw	Sn	Fr

Vata, Pitta, Kapha
Computerized Pulse Reading



VATA
Snake

PITTA
Frog

KAPHA
Swan

The Three Doshas

VATA (Air and Space)
Winter—windy, cold, dry, movement, breathing, natural urges, sensory functions, excretions, fear, worry, motor functions, nervous system, constipated, anxious.

PITTA (Fire and Water)
Summer—body heat, digestion, perception, hunger, thirst, intelligence, anger, competitiveness, enzymatic processes in the body. Eyes, skin, liver, blood and digestive imbalances are common.

KAPHA (Water and Earth)
Spring—allergies, congestion, heavy, stable, strong, moist, energy, lubrication, accumulation, attachment, wealth, calm, overweight, depressed, asthma.

The Functions of the Three Doshas

VATA—(Air & Space) movement, breathing, natural urges, transformation of tissues, motor functions, sensory functions, ungroundedness, secretions, excretions, fear, emptiness, anxiety.

PITTA—(Fire & Water) body heat, temperature, digestion, perception, understanding, hunger, thirst, intelligence, anger, hate, jealousy.

KAPHA—(Water & Earth) stability, energy, lubrication, unctuousness, forgiveness, greed, attachment, accumulation, holding, possessiveness.

Attributes of the Three Doshas

VATA—dry, light*, cold*, rough, subtle, mobile, clear, dispersing.

PITTA—oily*, penetrating, hot, light*, mobile, liquid, sour smell.

KAPHA—heavy, slow, cold*, oily*, slimy, dense, soft, static.

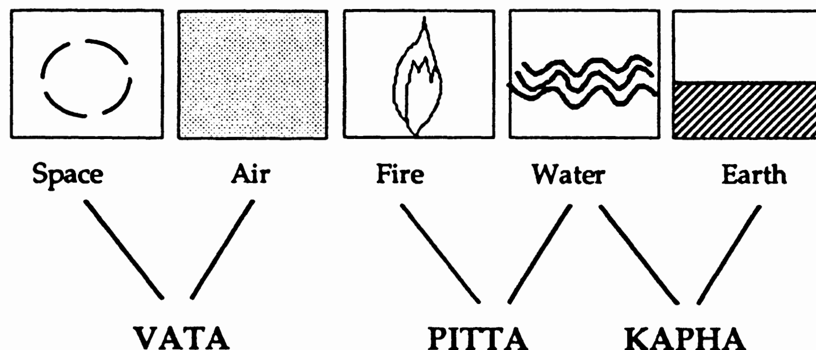
*Pitta & Vata have lightness in common.

*Vata & Kapha have cold in common.

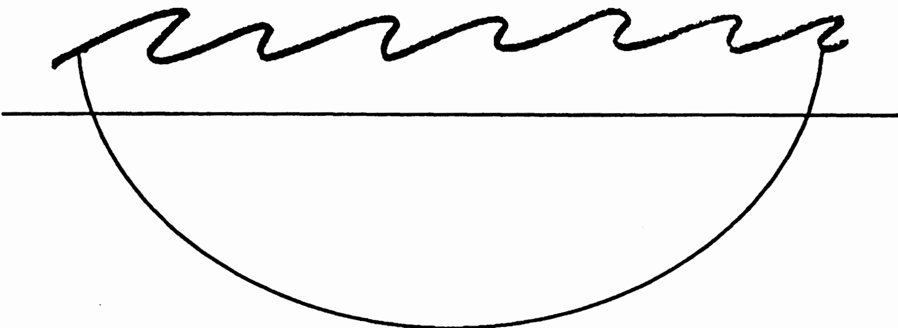
*Pitta & Kapha have oiliness in common.

The Three Doshas

The three doshas *(Vata, Pitta, and Kapha)* are the basic governing agents of the physiology. The doshas are made up of five fundamental elements found throughout nature: space, air, fire, water, and earth.



Lesson Two: Recognizing the Superficial and Deep Pulse



SUPERFICIAL PULSE
Normal and Abnormal
Changes = Vikriti

DEEP PULSE
Body Type = Prakriti

	VATA	PITTA	KAPHA
SUPERFICIAL			
GAP			
DEEP			

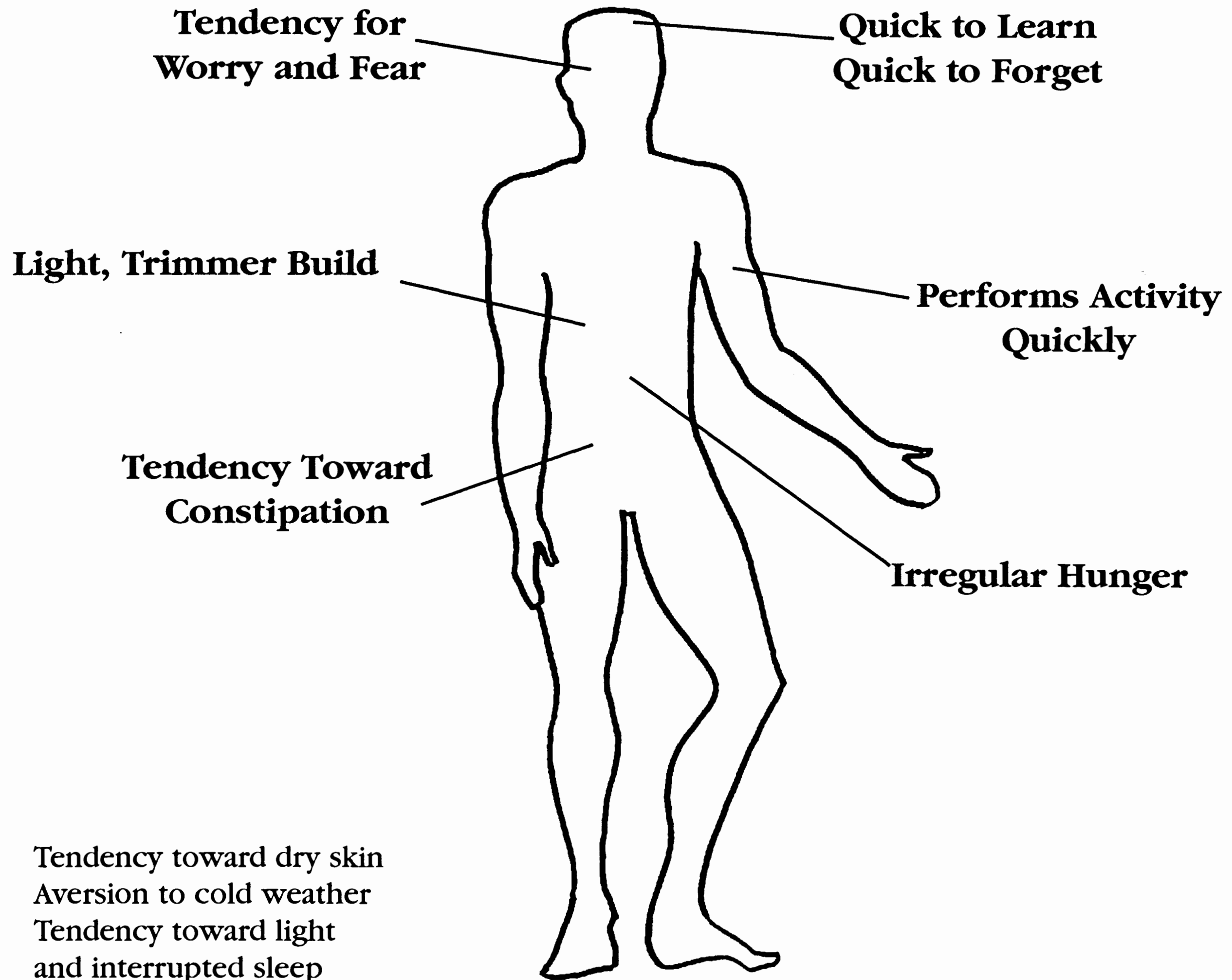
Lesson Three: Determining Your Body Type and Using Your Self-Pulse Reading Log

Intensity

1 - Low
2 - Medium
3 - Big beat

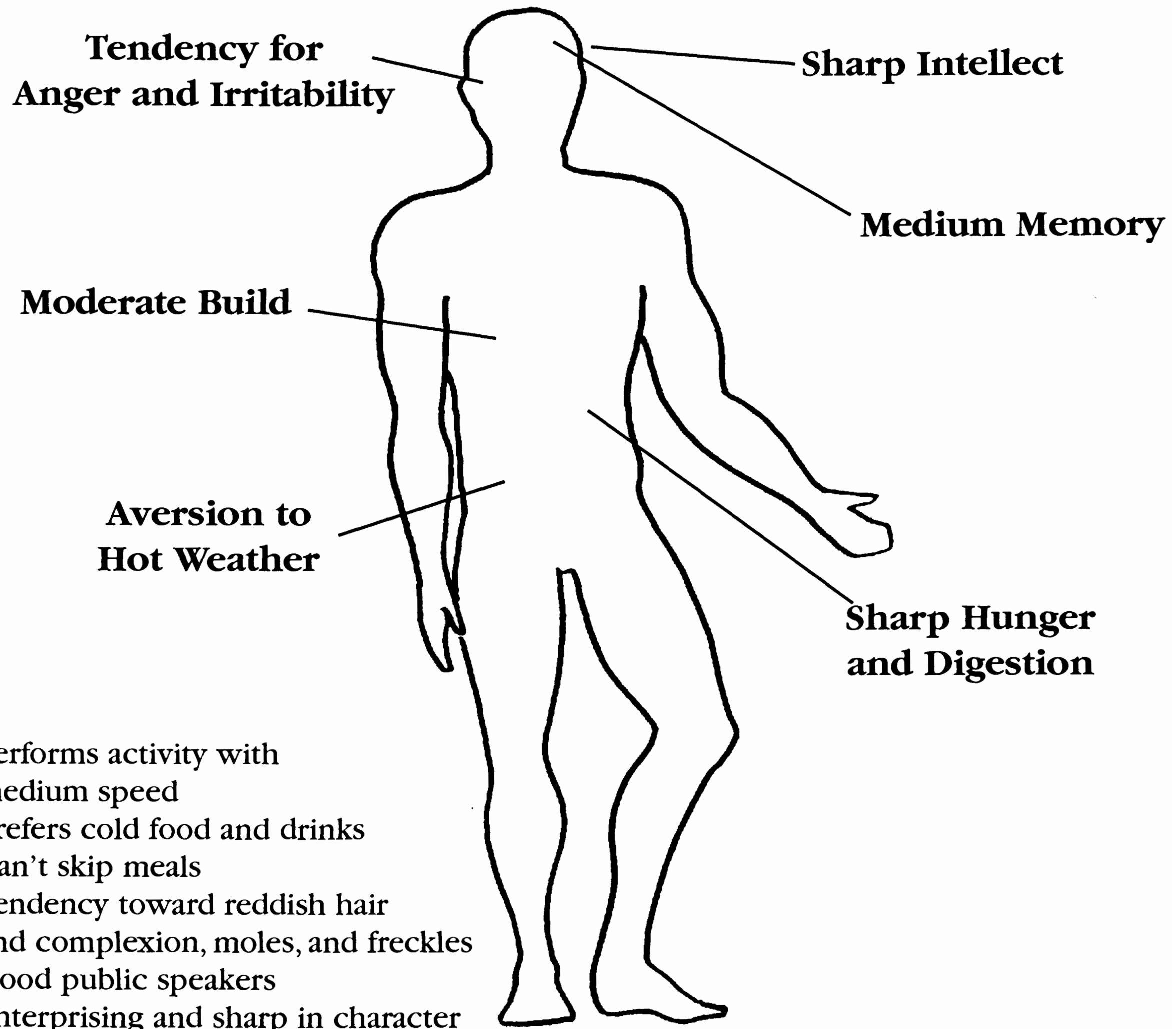
	V	P	K
S	1	2	3
D	2	3	1
THIS BODY TYPE = PITTA VATA			

VATA CONSTITUTION



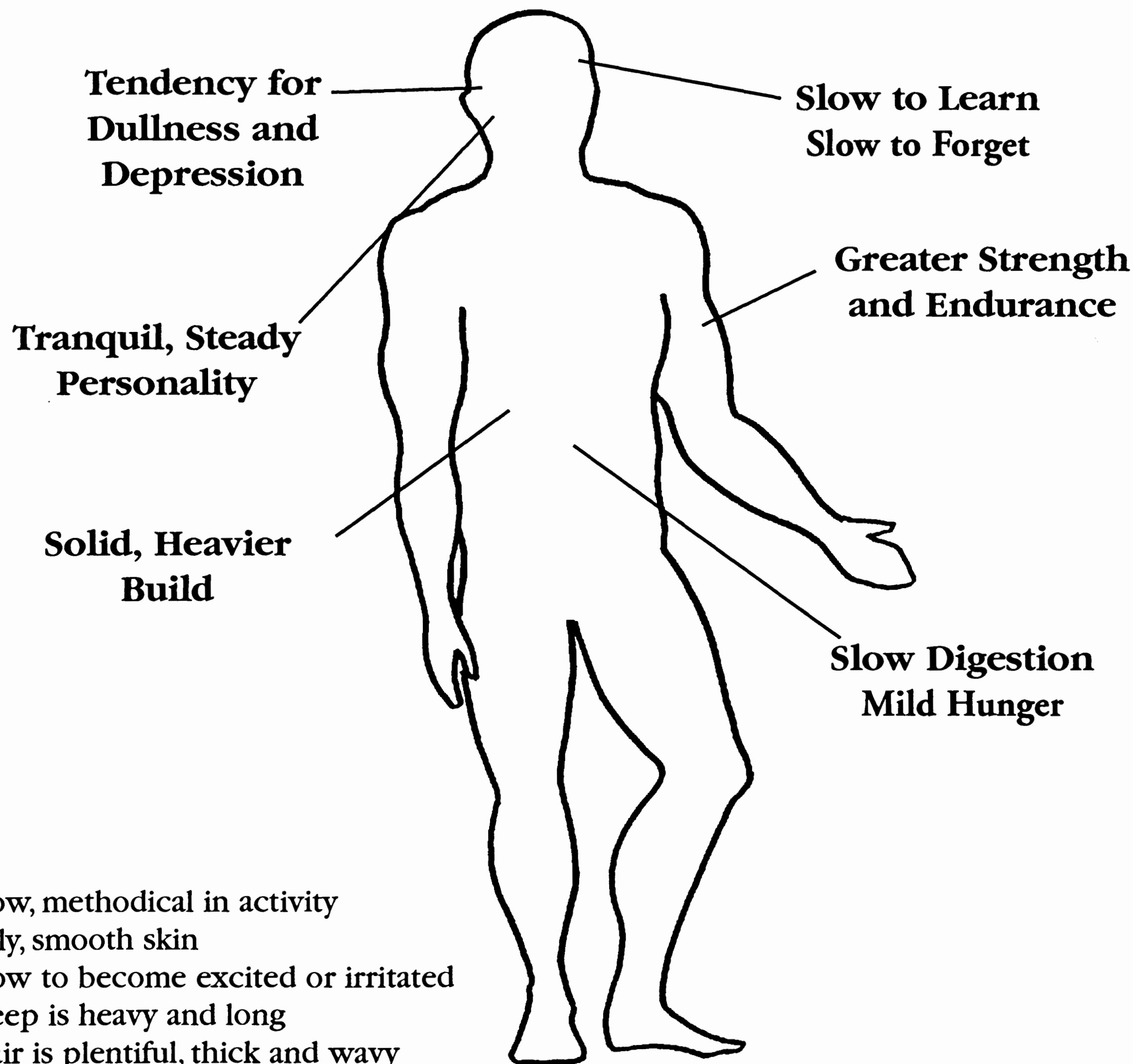
- Tendency toward dry skin
- Aversion to cold weather
- Tendency toward light and interrupted sleep

PITTA CONSTITUTION



- Performs activity with medium speed
- Prefers cold food and drinks
- Can't skip meals
- Tendency toward reddish hair and complexion, moles, and freckles
- Good public speakers
- Enterprising and sharp in character

KAPHA CONSTITUTION



- Slow, methodical in activity
- Oily, smooth skin
- Slow to become excited or irritated
- Sleep is heavy and long
- Hair is plentiful, thick and wavy

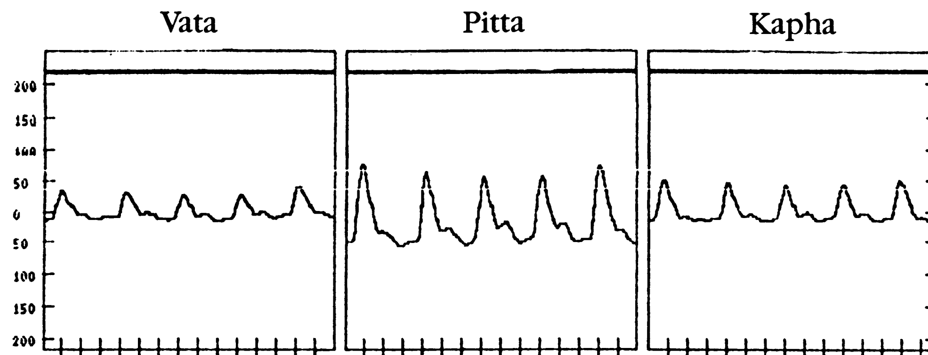
Week of: Name:

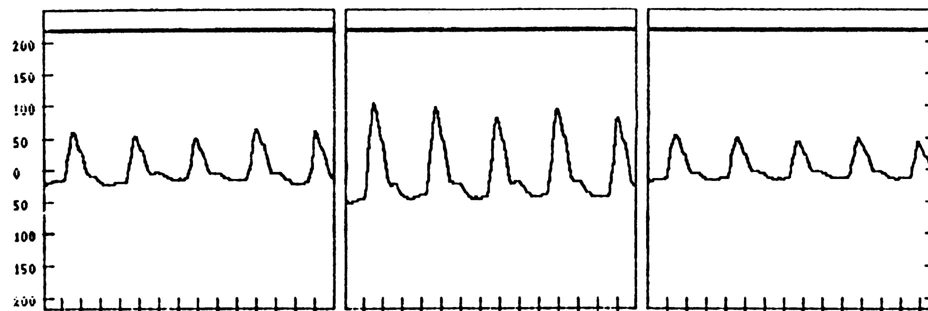
Dr. John Douillard's
Ayurvedic Pulse Reading Course Log

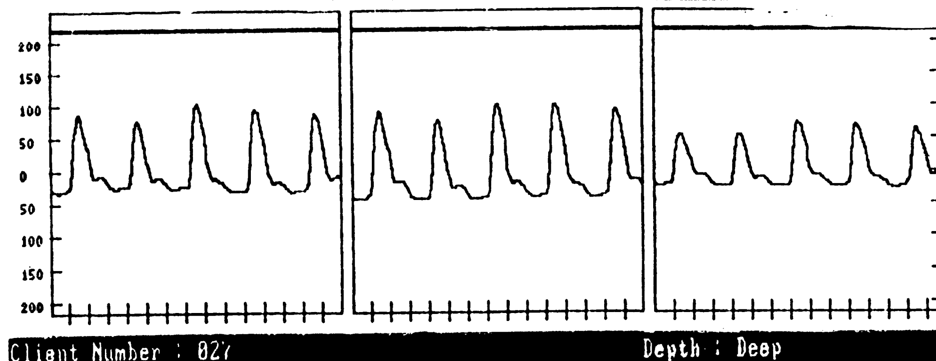
DAY/TIME	REMARKS	INTENSITY (3-2-1)				QUALITY (e.g. snake at home)
			V	P	K	
		S				
		D				
		S				
		D				
		S				
		D				
		S				
		D				
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Computerized Pulse Reading

Vata Pitta Kapha



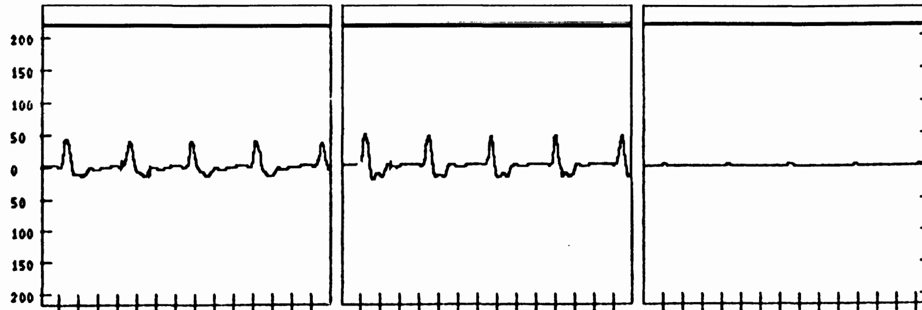




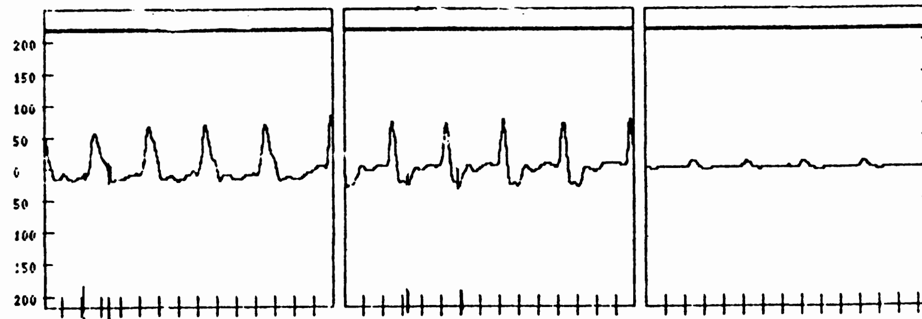
Body Type:
TRIDOSHIC

Computerized Pulse Reading

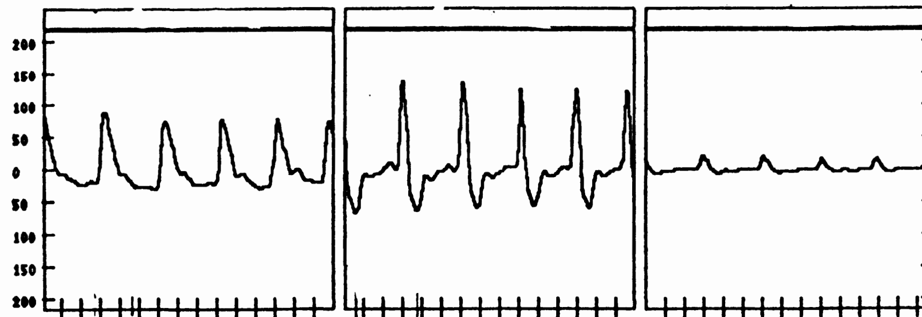
Vata Pitta Kapha



Client Number : 009 Depth : Superficial



Client Number : 009 Depth : Medium



lient Number : 004 Depth : Deep

Body Type:
PITTA VATA

Mind-Body Type Questionnaire

Circle the answer that most suits your long term personality. Try to select only one answer that best describes you. If two answers apply, then check both. If none apply, then leave the question blank. Total the columns at the end. The higher scores indicate your body type.

MENTAL PROFILE	**V**	**P**	**K**
Activity	quick mind, restless	sharp intellect, aggressive	calm, steady, stable
Memory	short term is best	good general memory	long term is best
Thoughts	constantly changing	fairly steady	steady
Concentration	short term focus best	better than average concentration	can focus for long time
Grasping power	quick grasping power	medium grasp power	longer to grasp new info.
Dreams	fearful, flying, running	anger, fiery, violent	water, cloud, relationships
Sleep	interrupted, light	sound, medium length	sound, heavy, long
Talk	fast, sometimes missing words	fast, sharp, clear cut	slow, clear, sweet
Voice	high pitch	medium pitch	low pitch
BEHAVIORAL PROFILE			
Eat	quickly	medium speed	slowly
Hunger	irregular	sharp, needs food	can easily miss meals
Food & Drink	prefer warm	prefer cold	prefer dry & warm
Mood	changes quickly	slowly changing	steady, non-changing
Sex drive	variable-low	moderate	strong
Weather	aversion to cold	aversion to hot	aversion to damp, cool
React to stress	excite quickly	medium	slow to get excited
Financial	doesn't save, spends quickly	saves, but big spender	saves regularly, accumulates wealth
Friendships	tends towards short term friendships	tends to be a loner (friends related to occupation)	lasting friendships
PHYSICAL PROFILE			
Amount of Hair	average	thinning	thick
Type of Hair	dry	medium	oily
Color of Hair	light brown	red/auburn	dark/brown/black
Skin	dry/rough	soft	medium
Skin temperature	cold hands/feet	warm	cool
Complexion	darker or yellowish	pink-red	pale-white-creamy

PHYSICAL PROFILE (Continued)	**V**	**P**	**K**
Eyes	small	medium	large
Whites of eyes	bluish/brownish	yellowish or redish	white and glossy
Size of teeth	crooked and very large or very small	small-medium	medium-large and straight
Weight	thin, hard to gain	medium weight	heavy, easy to gain
Elimination	dry, hard, thin, constipation	many, soft to normal	heavy, slow, thick
Resting pulse rate			
Men	70-90	60-70	50-60
Women	80-100	70-80	60-70
Veins & Tendons	very prominent	fairly prominent	well-covered
ATHLETIC PROFILE			
Exercise Tolerance	low	medium	high
Endurance	fair	good	excellent
Strength	fair	better than average	excellent
Speed	very good	good	not so fast
Competition	doesn't like competition	excellent (driven) competitor	easily deals w/competition
Gait speed	fast, quick	average	slow and steady
Muscle tone	lean, low body fat	medium with good definition	bulk w/higher fat percentage
Runs like	deer	tiger	bear
Body size	small frame, lean or long	medium frame	large frame, fleshy
Reaction time	quick	average	slow
TOTALS			
MENTAL	________	________	________
BEHAVIORAL	________	________	________
PHYSICAL	________	________	________
ATHLETIC	________	________	________
YOUR MIND-BODY TYPE	________	________	________
	VATA	PITTA	KAPHA

Lesson Four: Taking the Pulse at Different Times of Day and Seasonal Variations

6 AM - 10 AM	**KAPHA**
10 AM - 2 PM	**PITTA**
2 PM - 6 PM	**VATA**
6 PM - 10 PM	**KAPHA**
10 PM - 2 AM	**PITTA**
2 AM - 6 AM	**VATA**

Daily Cycles

Kapha time	**6am*-10am**	The best time to exercise, not to sleep
Pitta time	**10am-2pm**	The time to eat your large meal of the day
Vata time	**2pm-6pm***	The time for thinking, mental activity; muscular strength decreases
Kapha time	**6pm*-10pm**	A restful time to gear down for sleep; 6-7pm—the second best time to exercise
Pitta time	**10pm-2am**	The best time for sleep; an internal cleansing cycle
Vata time	**2am-6am***	The best time to wake up, with the sun and birds

***6am = sunrise, 6pm = sunset**

Understanding Your Mind-Body Type

It is obvious that we are not all the same—everyone has individual likes and dislikes. The Ayurvedic system of mind-body typing explains why each of us is different and how these differences can be used to tailor a preventative lifestyle program.

There are ten mind-body types, determined by the proportion of doshas naturally present in the individual. These ten types include specific psychophysiological characteristics that give the individual important information about his or her own constitution.

10 Mind-Body Types

Monodoshic

- Vata
- Pitta
- Kapha

Bidoshic

- Vata-Pitta
- Pitta-Vata
- Pitta-Kapha
- Kapha-Pitta
- Vata-Kapha
- Kapha-Vata

Tridoshic

- Vata-Pitta-Kapha

Cycles of Ayurveda

The seasons change. Are we unaffected by these changes? Are we independent of the laws of nature which govern the universe? Most of us simply put on or take off a sweater and feel we're ready for the next season.

Although we can manipulate our environments with heat, electricity and air conditioning, we are not disconnected from the laws of nature that govern seasonal changes. Ayurveda tells us that the rhythms and cycles of nature are also the cycles of our own minds and bodies. The qualities of the three doshas are reflected in the qualities of the three primary seasons, and in ourselves as well.

Vata qualities (cold, windy, rough and dry) relate to the winter season. In winter, the qualities of Vata are increasing in the environment; therefore, there is a greater potential for a Vata imbalance during the winter months especially if Vata is your predominant dosha.

Pitta qualities (hot, intense, sharp, acidic, and irritable) relate to the summer season. These qualities of Pitta are increasing in the environment during the summer and likewise increasing in your body. If your predominant dosha is Pitta, it is a time to take care not to imbalance that dosha.

Kapha qualities (moist and cool) relate to the spring season. Again, these qualities increase in the environment during the spring and likewise increase in your body. If your predominant dosha is Kapha, it is a time to take care not to imbalance that dosha.

The Three Ayurvedic Seasons

Vata Season
November through February
(cold, windy and dry)
Vata qualities are increasing

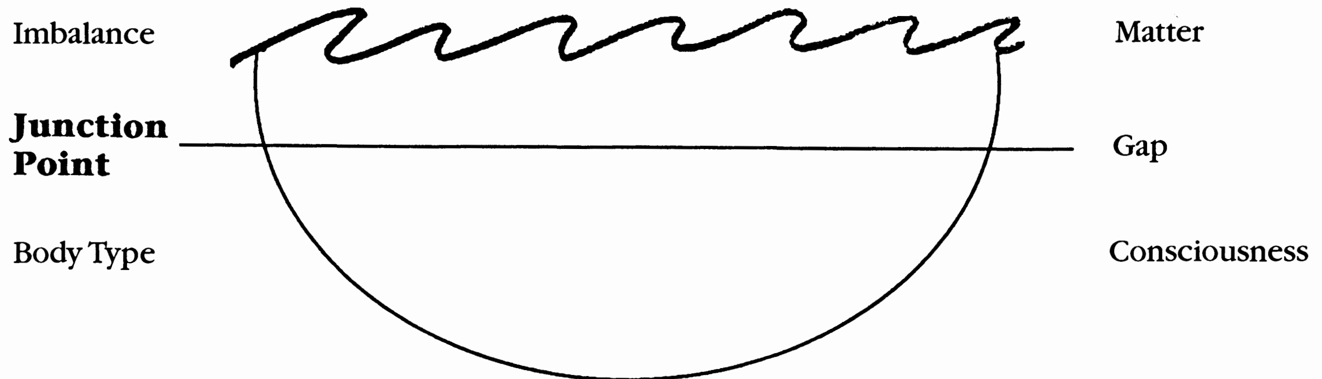
Pitta Season
July through October
(hot and dry)
Pitta qualities are increasing

Kapha Season
March through June
(wet and cool)
Kapha qualities are increasing

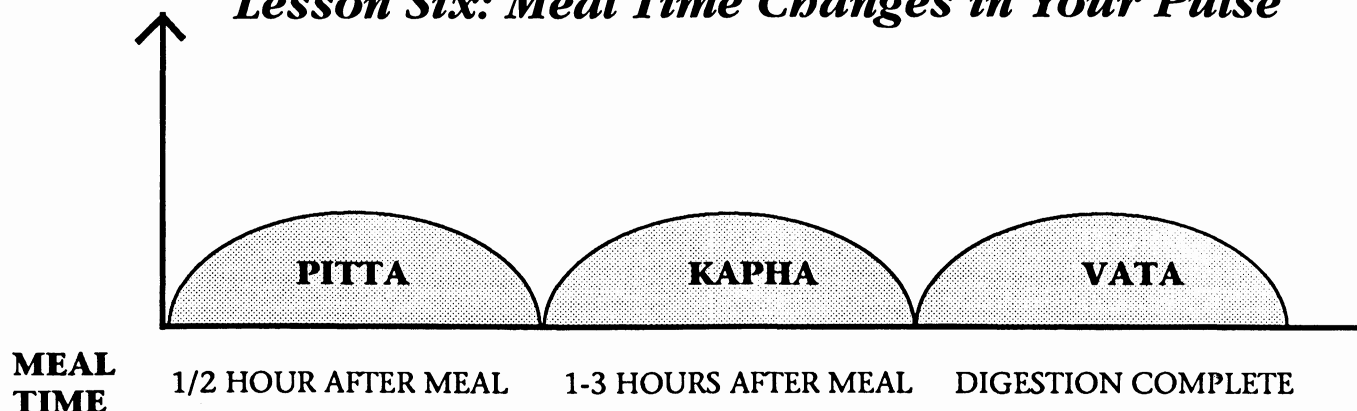
FEEL THE SUPERFICIAL PULSE CHANGE FROM ONE SEASON TO THE NEXT.

Lesson Five: Using the Pulse to Initiate a Healing Response

Take pulse at junction point between superficial and deep pulses



Lesson Six: Meal Time Changes in Your Pulse



Guidelines for Proper Digestion

1. Eat in a settled and quiet atmosphere. Do NOT work, read, or watch TV during meals.
2. Always sit to eat.
3. Eat at approximately the same times each day.
4. Don't eat too quickly or too slowly.
5. Eat to about three-fourths of your capacity. Do not leave the table hungry or very full.
6. Avoid taking a meal until the previous meal has been digested. Allow approximately three to six hours between meals, and do not eat unless you are hungry.
7. Water or juice are fine to sip during meals. Milk, however, generally should not be taken with a full meal, as it is best not to mix milk with certain tastes (especially salty tastes and sour tastes, such as yogurt, cheese, and vinegar). Milk also should not be mixed with meat or fish. Milk may be taken with toast, cereals, or sweet-tasting foods.
8. Avoid yogurt, cheese, cottage cheese, and cultured buttermilk at night.
9. It is best not to eat heated or cooked honey.
10. Avoid ice-cold beverages with food, as they interfere with digestion.
11. Take a few minutes to sit quietly after eating.

How to adjust your diet for each season

Vata Season

Favor warm foods and drinks, heavier foods, and more unctuous (oily) foods. Eat more of the sweet, sour, and salty tastes. Avoid dry or cold foods and cold drinks. Eat fewer foods with pungent, bitter, or astringent tastes.

Kapha Season

Favor a diet that is lighter and less unctuous (oily) than during other seasons. Favor warm foods and drinks. Eat more foods with the pungent, bitter, and astringent tastes and fewer foods with the sweet, sour, and salty tastes.

Pitta Season

Favor cool foods, cool drinks, and foods with sweet, bitter, and astringent tastes. Include the fresh, sweet fruits and vegetables that grow in this season. Take fewer foods with pungent, sour, and salty tastes. Eat less of the following foods: yogurt, cheese, tomatoes, vinegar, and hot spices.

The Vata Pacifying Diet

1. **Favor** foods that are warm, heavy, and oily. **Minimize** foods that are cold, dry, and light.
2. **Favor** foods that are sweet, sour, and salty. **Minimize** foods that are spicy, bitter, and astringent.
3. Some specific recommendations:
   - A. **Eat larger quantities** of food, but not more than you can digest easily.
   - B. **Dairy.** All dairy products pacify Vata. Always boil milk before you drink it, and drink it warm. Don't drink milk with a full meal. Nonhomogenized is preferred.
   - C. **Sweeteners.** All sweeteners are good (in moderation) for pacifying Vata.
   - D. **All oils** reduce Vata.
   - E. **Grains.** Rice and wheat are very good. Reduce intake of barley, corn, millet, buckwheat, rye and oats.
   - F. **Fruits.** Favor sweet, sour, or heavy fruits, such as oranges, bananas, avocados, grapes, cherries, peaches, melons, berries, plums, pineapples, mangos, and papayas. **Reduce** dry or light fruits such as apples, pears, pomegranates, cranberries, and dried fruits.
   - G. **Vegetables.** Beets, cucumbers, carrots, asparagus, and sweet potatoes are good. They should be cooked, not raw. The following vegetables are acceptable in moderate quantities if they're cooked, especially with ghee or oil and vata-reducing spices: peas, green leafy vegetables, broccoli, cauliflower, celery, zucchini, and potatoes. It's better to **avoid** sprouts and cabbage.
   - H. **Spices.** Cardamom, cumin, ginger, cinnamon, fennel, salt, cloves, mustard seed, and small quantities of black pepper are acceptable.
   - I. **All nuts** are good.
   - J. **Beans.** Reduce all beans, except for tofu and mung dahl (a soup made from split dried mung beans).
   - K. **Meat and Fish** (for nonvegetarians). Chicken, turkey, and seafoods are alright; beef should be avoided.

Foods to Reduce or Avoid:

- Broccoli, brussels sprouts, cabbage, cauliflower, celery, eggplant, leafy greens, mushrooms, okra, peas, pepper, potatoes, tomatoes. (*These are all acceptable if cooked with oil*).
- Apples, cranberries, pears, pomegranates (*more acceptable if cooked*).
- Barley, buckwheat, corn, dry oats, millet, rye • dried fruits, unripe fruit • red meat, most beans.

The Pitta Pacifying Diet

1. **Favor** foods that are cool and liquid. **Minimize** foods that are hot.
2. **Favor** foods that are sweet bitter, or astringent. **Minimize** foods that create heat, such as spicy, salty, or sour foods.
3. Some specific recommendations:
   A. **Dairy.** Milk, butter, and ghee are good for pacifying pitta. **Reduce** yogurt, cheese, sour cream, and cultured buttermilk (their sour tastes aggravate Pitta). Nonhomogenized milk is best.
   B. **Sweeteners.** All sweeteners are good except honey and molasses.
   C. **Oils.** Olive, sunflower, and coconut oils are best. **Reduce** sesame, almond, and corn oil, all of which increase Pitta.
   D. **Grains.** Wheat, white rice, barley, and oats are good. **Reduce** corn, rye, millet, and brown rice.
   E. **Fruits.** Favor sweet fruits, such as grapes, cherries, melons, avocado, coconut, pomegranates, mangos, and sweet, fully-ripened oranges, pineapples, and plums. **Reduce** sour fruits, such as grapefruits, olives, papayas, and unripe pineapples and plums.
   F. **Vegetables.** Favor asparagus, cucumbers, potatoes, sweet potatoes, green leafy vegetables, pumpkins, broccoli, cauliflower, celery, okra, lettuce, beans, green beans, zucchini. **Reduce** hot peppers, tomatoes, carrots, beets, onions, garlic, radishes, and spinach.
   G. **Spices.** Cinnamon, coriander, cardamom, and fennel are all right. But the following spices strongly increase Pitta and should be taken only in small amounts: ginger, cumin, black pepper, fenugreek, clove, celery seed, salt, and mustard seed. Chili peppers and cayenne should be avoided.
   H. **Meat and Fish** (for nonvegetarians). Chicken, pheasant and turkey are preferable; but beef, seafood, and egg yolk increase Pitta and should be avoided.

Foods to Reduce or Avoid:

- Beets, carrots, eggplant, garlic, hot peppers, onions, radishes, spinach, tomatoes
- Apricots, bananas, berries, cranberries, grapefruit, papayas, peaches, persimmons
- Brown rice, millet, corn, rye
- Buttermilk, cheese, sour cream, yogurt
- Red meat, seafood, egg yolks
- Almond oil, corn oil, safflower oil, sesame oil, honey, molasses, all nuts, seeds, lentils

The Kapha Pacifying Diet

1. **Favor** foods that are light, dry, and warm. **Minimize** foods that heavy, oily, and cold.
2. **Favor** foods that are spicy, bitter, and astringent. **Minimize** foods that are sweet, salty, and sour.
3. Some specific recommendations:
   A. **Dairy.** Low-fat nonhomogenized milk is better. Always boil milk before you drink it—which makes it easier to digest—and take it warm. Do not take milk with a full meal or with sour or salty food. You might add one or two pinches of turmeric or ginger to whole milk before boiling it to help reduce any Kapha-increasing qualities in the milk.
   B. **Fruit.** Lighter fruits, such as apples and pears, are better. **Reduce** heavy or sour fruits, such as oranges, bananas, pineapples, figs, dates, avocados, coconuts, and melons, as these fruits increase Kapha.
   C. **Sweeteners.** Honey is excellent for reducing Kapha. **Reduce** sugar products, as these increase Kapha.
   D. All **beans** are fine, except tofu.
   E. **Reduce** all nuts.
   F. **Grains.** Most grains are fine, especially barley and millet. Do not take too much wheat or rice, as they increase Kapha.
   G. **Spices.** All are fine, except for salt. It increases Kapha.
   H. **Vegetables.** All are fine, except for tomatoes, cucumbers, sweet potatoes, and zucchini. They all increase Kapha.
   I. **Meat and Fish** (for nonvegetarians). White meat from chicken or turkey is fine, as is seafood. **Reduce** red meat.

Foods to Reduce or Avoid:

- Cucumbers, sweet potatoes, tomatoes, zucchini
- Avocados, bananas, coconut, dates, fresh figs, grapes, grapefruits, mangoes, melons, oranges, papayas, peaches, pineapples, plums
- Oats, rice and wheat (*except in small amounts*)
- All dairy
- Red meat and seafood in general
- All oils and all sweeteners, except honey
- Salt

The Six Tastes and Some Common Examples

SWEET	Sugar, milk, butter, rice, breads, pastas
SOUR	Yogurt, lemon, cheese, vinegar
SALTY	Salt
PUNGENT	Spicy foods, peppers, ginger, cumin
BITTER	Spinach, other green leafy vegetables, eggplant, turmeric
ASTRINGENT	Beans, lentils, pomegranate, persimmons

The Six Major Food Qualities and Some Common Examples

HEAVY	Cheese, yogurt, wheat products
LIGHT	Barley, corn, spinach, apples
OILY	Dairy products, fatty foods, oils
DRY	Barley, corn, potato, beans
HOT	Hot (temperature) food and drink
COLD	Cold food and drink

How the Tastes Affect the Doshas

Decrease Vata	*Decrease Pitta*	*Decrease Kapha*
Sweet	Sweet	Pungent
Sour	Bitter	Bitter
Salty	Astringent	Astringent

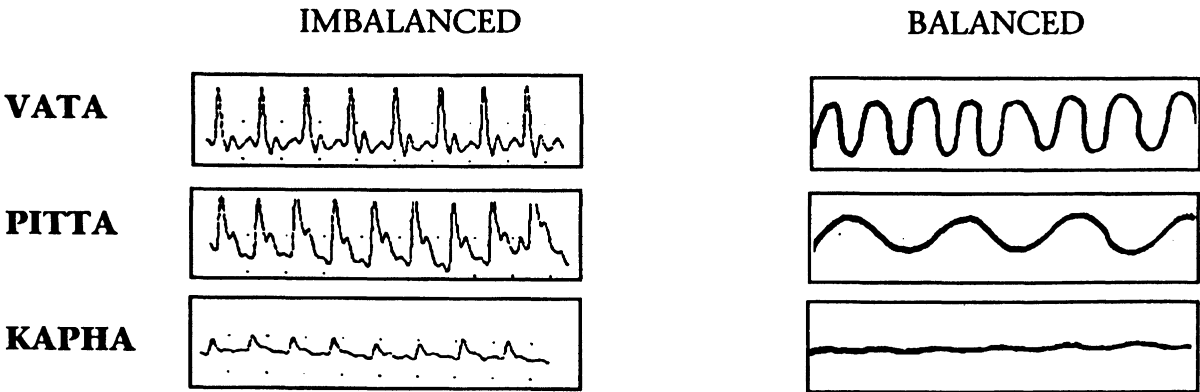
Increase Vata	*Increase Pitta*	*Increase Kapha*
Pungent	Pungent	Sweet
Bitter	Sour	Sour
Astringent	Salty	Salty

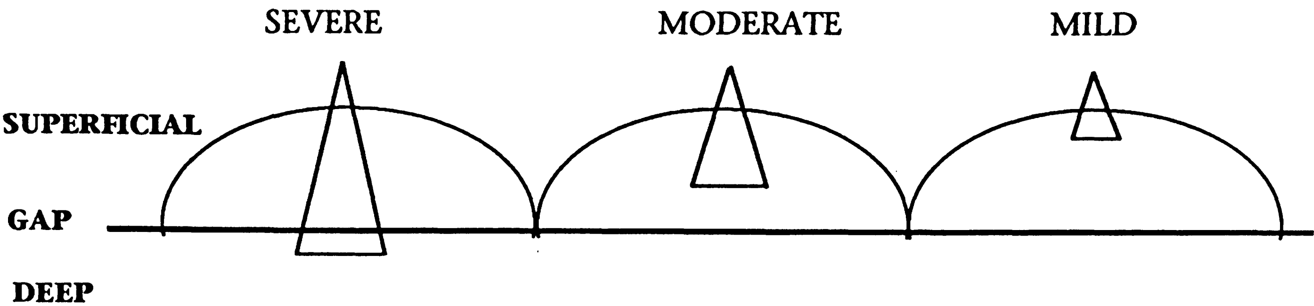
How the Food Qualities Affect the Doshas

Decrease Vata	*Decrease Pitta*	*Decrease Kapha*
Heavy	Cold	Light
Oily	Heavy	Dry
Hot	Oily	Hot

Increase Vata	*Increase Pitta*	*Increase Kapha*
Light	Hot	Heavy
Dry	Light	Oily
Cold	Dry	Cold

Lesson Seven: How to Determine a Balanced and Imbalanced Pulse





What balance means...

Every individual has a unique combination of the three doshas that is naturally appropriate for him or her. Achieving balance does not mean that all three doshas need to be present in equal amounts. Rather, it means that the ideal proportion for each person's individual physiology is present, and the doshas are functioning in a balanced state in harmony with each other.

Balanced Vata promotes:

- Mental alertness
- Proper formation of body tissues
- Comfortable elimination
- Sound sleep
- Strong immunity
- Sense of exhilaration

Balanced Pitta promotes:

- Normal heat and thirst mechanisms
- Strong digestion
- Lustrous complexion
- Strong immunity
- Sharp intellect
- Contentment and confidence

Balanced Kapha promotes:

- Muscular strength
- Vitality and stamina
- Strong immunity
- Affection, generosity, courage, dignity
- Stability of mind
- Healthy, normal joints

What imbalance means...

When a dosha accumulates in a particular mind-body type, the harmony of mind and body is lost and symptoms of disease can be the result.

Imbalance in Vata

- creates symptoms such as dry or rough skin, insomnia, constipation, common fatigue, tension headaches, intolerance of cold, degenerative arthritis, underweight, anxiety, and worry.

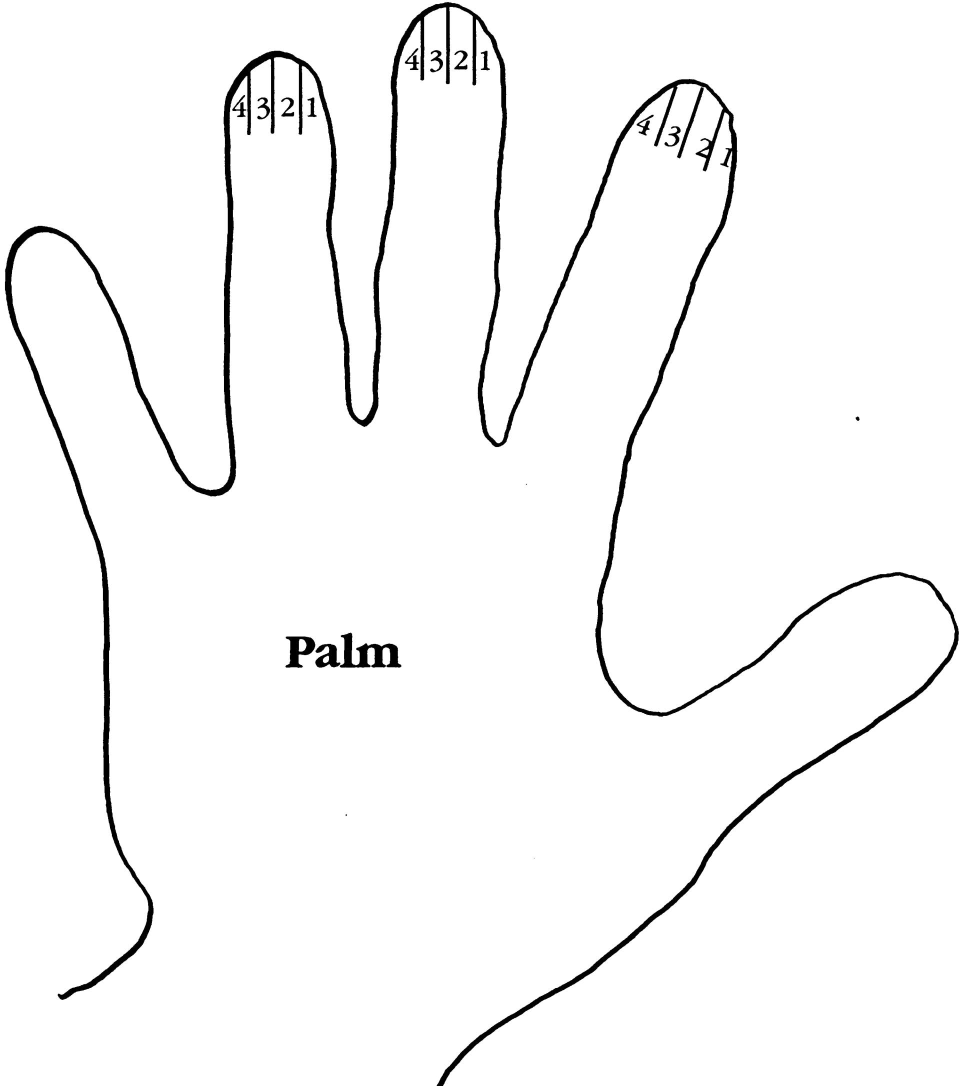
Imbalance in Pitta

- creates symptoms such as rashes, inflammatory skin diseases, peptic ulcers, heartburn, visual problems, excessive body heat, premature graying or baldness, hostility and irritability.

Imbalance in Kapha

- creates symptoms such as oily skin, slow digestion, sinus congestion, nasal allergies, asthma, obesity, cysts and other growths.

Lesson Eight: Taking The Sub-doshic Pulse

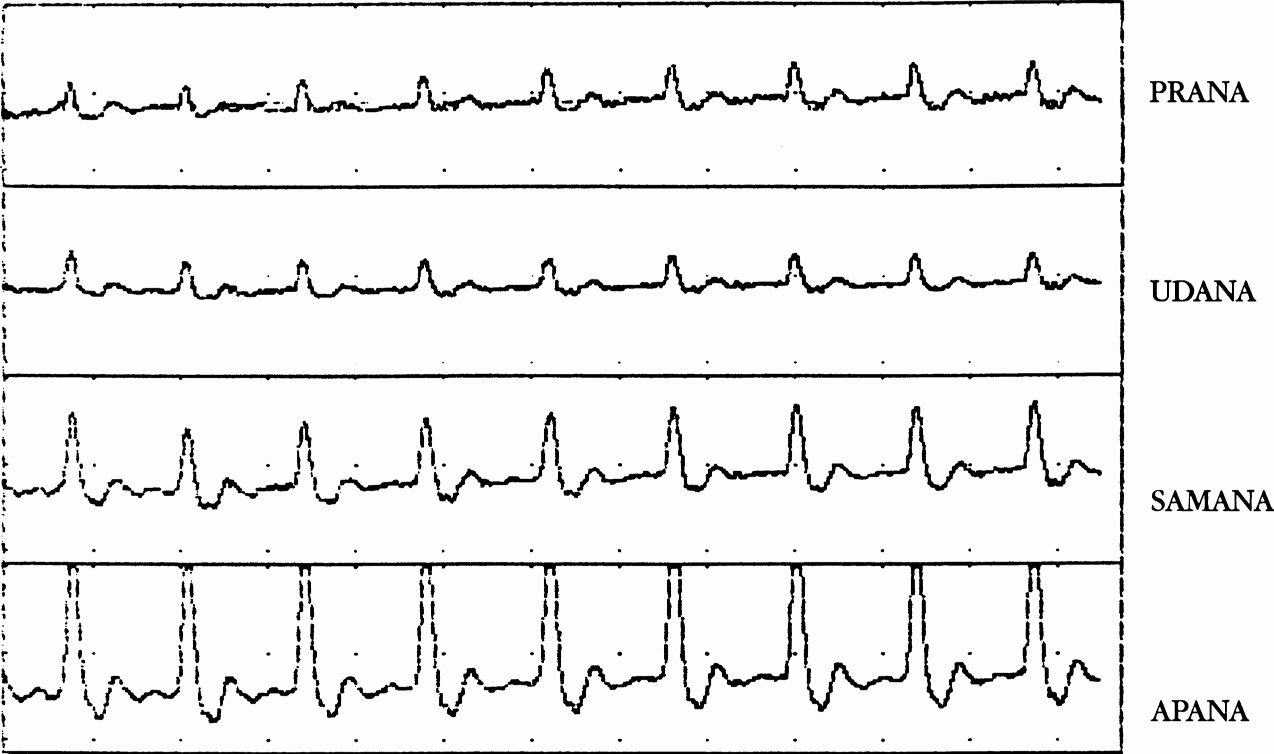


How to Take the Sub-doshic Pulse

Symptoms Associated with Vitiation of Subdivisions of the Three Doshas

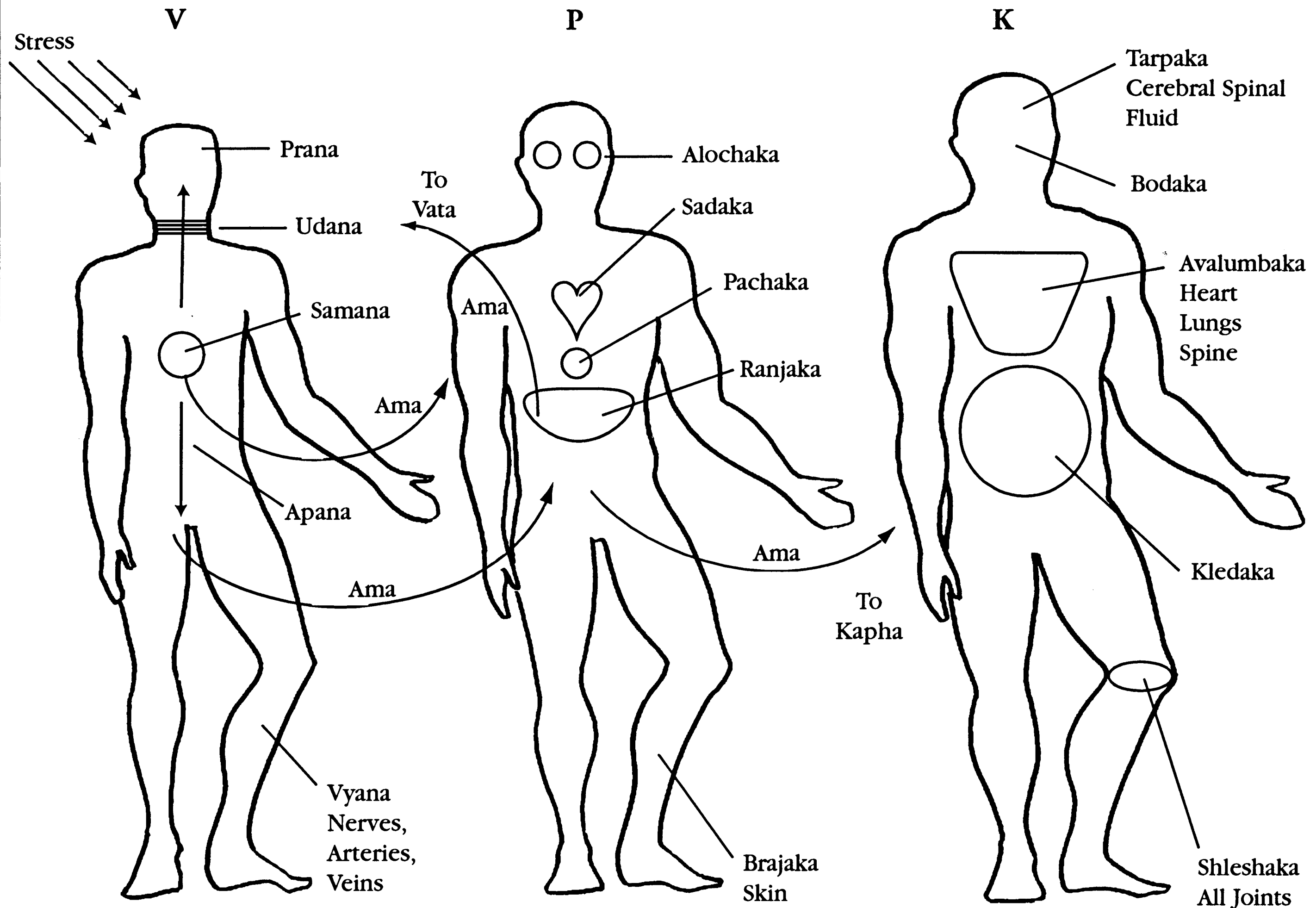
		VATA
Prana	V-1	Respiratory disorders (including cough and dyspnea), mental problems, neurological disorders
Udana	V-2	Diseases of ears, nose and throat, speech problems, neck
Samana	V-3	Digestion problems, especially irregular or weak digestion, improper formation of dhatus (tissues), anorexia, diarrhea, lymphatic stasus
Apana	V-4	Problems of excretion (urine/feces), constipation, diarrhea, menstrual problems, sexual dysfunction
Vyana	V-5	Connected with all diseases, especially circulatory problems
		PITTA
Pachaka	P-1	Weak digestion, anemia, jaundice, acid stomach
Ranjaka	P-2	Anemias and other blood disorders, liver
Sadhaka	P-3	Decreased decisiveness, intelligence, memory, emotional grief, spiritual inclination
Alochaka	P-4	Visual problems, bloodshot eyes
Brajaka	P-5	Chronic skin diseases
		KAPHA
Kledaka	K-1	Digestion decreased, affects all other kaphas, excessive digestive mucous
Avalambaka	K-2	Back pain problems, heart, lungs
Bodhaka	K-3	Loss of taste, smell
Tarpaka	K-4	Problems of senses, cough, nasal congestion, cerebral spinal fluid, headache, depression
Shleshaka	K-5	Joint pain, congestion

Sub-doshic Computer Pulse Reading

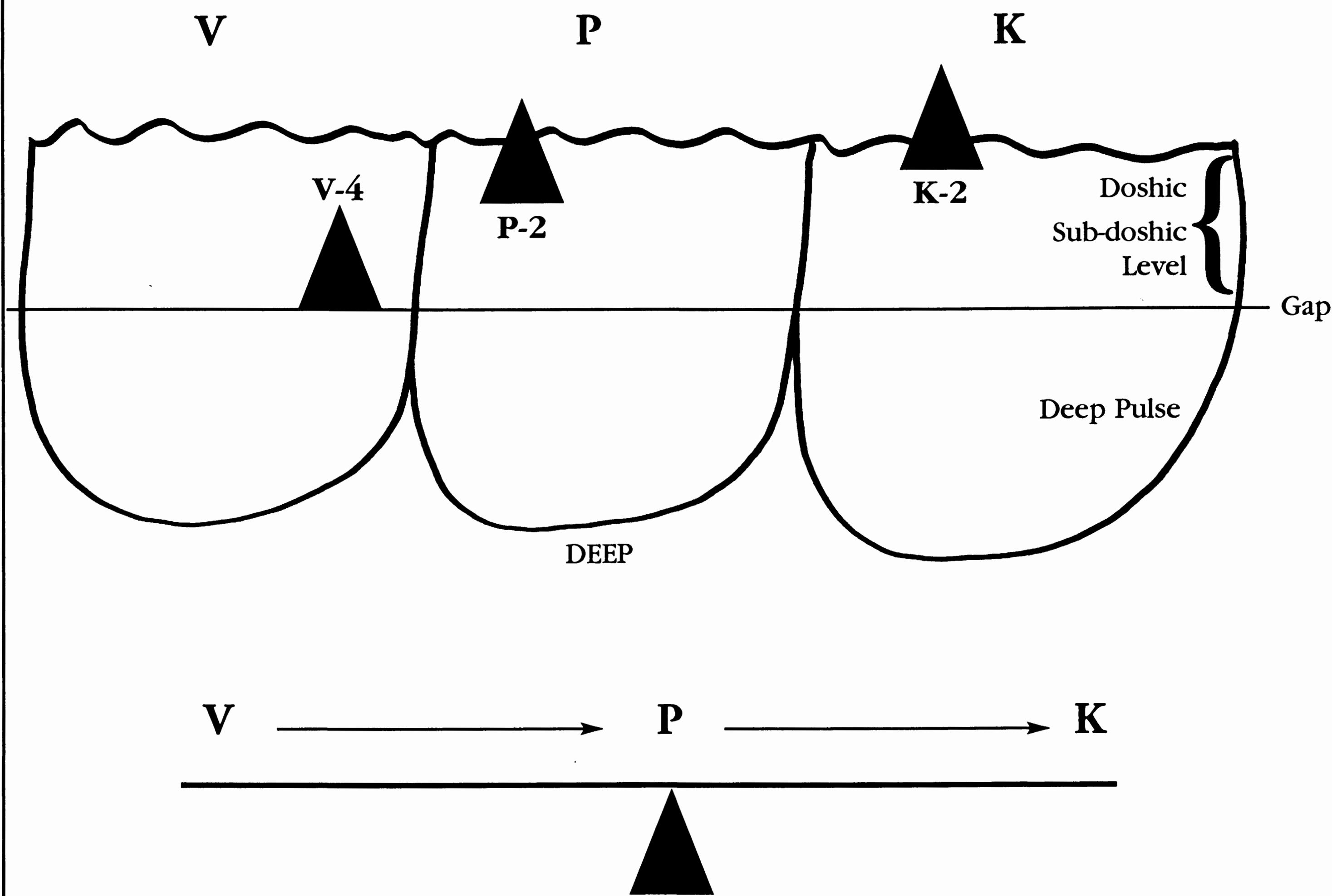


IMBALANCE = APANA VATA

Lesson Nine: The Interactions of the Sub-doshas— The A B C's of Pulse Reading



The Priority System of the Pulse



Lesson Ten: Ayurvedic Treatments For Each Imbalance

Vata Imbalances

V-1 Prana Herbs

Brahmi - 1/2 -1 tspn. 3X/day Ginseng
Ashwaganda - 1/2 -1 tspn. 3X/day
Shatawari - 1/2 -1 tspn. 3X/day

Aroma Therapy

Basil
Lemon
Cinnamon
Sub-doshic aroma - A, AX, AZ

Oil Massage

See page 40.

Exercise

See page 44 - Sun Salute
Read *Body, Mind and Sport: The Ayurvedic Approach to Health and Fitness*
Walking (include Ujjayi Pranayama - "Darth Vader" nasal breathing on exhale during exercise).

V-2 Udana Herbs

Ginger - 1/2 tspn. root 3-6 X/day
Nasya - Sesame oil inhalation. 3-6 drops 2X/day
Castor Oil hot pack on front and back of neck

Aroma Therapy

Cypress
Benzoin
Basil
Sub-dosha aroma - B

V-3 Samana Herbs

Juice ginger root, mix fresh ginger with equal amount of raw honey. Add pinch of salt and lemon juice. Refrigerate. Take 1 tbs. before each meal. If flatulence results, add 1/4 tspn., cumin to 1 tbs. of mixture.

Aroma Therapy

Fennel
Cardamom
Cinnamon
Sub-dosha aroma - C

V-3 **Samana Herbs (continued)**

Lifestyle

For dry skin, use dry brush on skin towards the heart. Followed by oil massage. *See page 40.*

Sip hot water every 15 minutes for 2-4 weeks.

Drink 8-10 eight-ounce glasses of room temperature warm water a day for 2-4 weeks.

V-4 **Apana Herbs**

Trifala - 1/2 - 1 tspn. 2X/day AM and PM

Licorice Tea - 1 cup with Trifala

Castor Oil - hot pack over lower abdomen

Shatawari - for menstrual cycle, 1/2 - 1 tspn. 3X/day

Ashwaganda - reproductive tonic, 1/2 - 1 tspn. 3X/day

Breathing

Surya Bhedna - Inhale through right nostril, out the left, partially closing the left nostril with the thumb or finger as air is gently forced out the right nostril. (*5-10 minutes, 2-3X/day.*)

Aroma Therapy

Juniper
Rose
Chamomile
Fennel
Benzoin
Marjoram
Sub-dosha aroma - D

V-5 **Vyana**

Combine treatments of Prana, Apana and Samana

Pitta Imbalances

P-1 **Pachaka Herbs**

Ginger root mixture (see Samana Vata) - for digestion

Fennel - suck on seeds throughout the day

Aloe Vera (Kumari) - 1 tbs. of gel from plant 3X/day

Peppermint tea or oil

Aroma Therapy

Peppermint
Chamomile
Sub-dosha aroma - F

Lifestyle

Follow eating guidelines in Lesson 6.

P-2 Ranjaka Herbs

Phyllanthus - 1 tspn. 3X/day
Turmeric - 1 tspn. 4X/day
Manjistha - 1 tspn. 3X/day
Neem - 1 tspn. 3X/day
Coriander tea - 2-4 cups per day or suck on seeds throughout the day
Burdock root - 1 tspn. 3X/day
Dandelion root - 1 tspn. 3X/day

Aroma Therapy

Rose Geranium
Sandalwood
Rose
Sub-dosha aroma - G

P-3 Sadaka Herbs

Ashwaganda 1 tspn. 3X/day
Shatawari 1 tspn. 3X/day

Aroma Therapy

Melissa
Jasmine
Rose
Ylang Ylang
Sub-dosha aroma - H

Diet

Increase intake of ojas producing foods. Ghee, raw honey, coconut, dates, blanched almonds, saffron, warm whole milk (nonhomogenized), black pepper, ginger, cardamom.

P-4 Alochaka Herbs

Guduchi - 1 tspn. 3X/day
Netra Tarpana - warm ghee - strain through cheese cloth into eye cup. Cleanse eyes with ghee filled eye cup for one minute each.
Chamomile tea bags over eyes for 10 minutes before bed.
Trifala eye wash - soak 1 tspn. trifala in eight ounces of water over night. Discard sediment, strain trifala water through cheese filter - warm and wash eyes with eye cup.

Aroma Therapies

Chamomile
Sub-dosha aroma - I

P-5 Brajaka Herbs
See Ranjaka herbs
Aloe Vera topically on skin
Ghee on skin
Aroma Therapy
Chamomile
Sandalwood
Lavender
Sub-dosha aroma - J

Kapha Imbalances

K-1 Kledaka Herbs
Trifala and Psyllium - 1/2 tspn. each with 8 oz. water 2X/day
Aroma Therapy
Clove
Calamus -Vacha
Juniper
Black Pepper
Sub-dosha aroma - Q
Lifestyle
Drink 8 oz. of warm raw honey water first thing in the morning.

K-2 Avalumbaka Herbs
For Respiratory System:
Ginger powder, turmeric, black pepper, licorice and clove -1/4 tspn. of each - mix with enough honey to make a paste. Take 1 tbs. 3X/day.
For Back Pain:
Boswella - 1 tspn. 3X/day
Ashwaganda - 1 tspn. 3X/day
Ginger - 1/2 tspn. 3X/day
Aroma Therapy
Clove
Black Pepper
Camphor
Rosemary
Eucalyptus
Sub-dosha aroma - L
Supportive Therapy
Chiropractic

K-3 Bodaka Herbs

See herbs for Avalumbaka Respiratory System.

Aroma Therapy

Clove
Black pepper
Calamus - Vacha
Sub-dosha aroma - M

K-4 Tarpaka Herbs

See all recommendations for Avalumbaka

Aroma Therapy

Lavender and peppermint on spine (para-vertebral) at night. Dilute oil 10% to start.
Myrrh
Frankincense
Clary Sage
Sub-dosha aroma - N

Lifestyle

Exercise and breathing (*see Prana Vata recommendations*).

Supportive Therapies

Cranial Sacral Therapy
Maha-Marma Therapy

K-5 Shleshaka Herbs

Boswella - 1 tspn. 3X/day
Ashwaganda - 1 tspn. 3X/day
Ginger - 1/2 tspn. 3X/day
Turmeric - 1 tspn. 3X/day
Castor oil - 1/2 tspn. with main meal for 3-6 months. Stop if any laxative effect is noticed.
Yog Raj Guggulu - 1 tspn. with honey 3X/day

Aroma Therapy

Eucalyptus
Black Pepper
Camphor
Sub-dosha aroma - O

NOTE: ALL TREATMENTS LISTED ABOVE ARE NOT INTENDED TO REPLACE OR COMPETE WITH THE ADVICE OF YOUR PRIMARY HEALTH CARE PHYSICIAN. PLEASE SEEK MEDICAL ADVICE IF YOU HAVE A HEALTH CONCERN. DO NOT SELF TREAT WITHOUT THE COOPERATION AND ASSISTANCE OF A QUALIFIED MEDICAL PROFESSIONAL.

Panchakarma: Seasonal Purification

Traditionally, Ayurveda recommends seasonal purification called panchakarma—a series of cleansing therapies tailored to an individual's body type, the particular season, and the imbalances in the physiology. Ayurveda knew that stress was the cause of disease. They also knew that the stress would lodge toxins deeply in the tissues and employ the nervous system to keep them there. Panchakarma was designed to disarm the nervous system, lower the metabolism and detoxify the deep tissues. The goal was to replace the body's stress with silence. Like a hurricane, the more silence we can establish internally the more productive we can become.

The techniques of panchakarma include: dry silk glove massage, deep tissue massage, special herbal paste massage, head and shoulder treatment with steam, herbal nasal inhalation, and a full body massage with herbalized oil. Pouring warm oil over the forehead to relax the mind and body is also one of the treatments. Herbal steam baths are also given for deep relaxation and purification. In addition, special herbalized eye treatments and internal intestinal cleansing with herbal oil preparations are recommended to pull the maximum amount of impurities out of the body.

Panchakarma treatments cleanse the body of the accumulation of the season's predominant dosha. If these seasonal accumulations are not dealt with, they become impurities which build up season after season. They become deposited deeply in the body's tissues and can provide the basis of disease. Seasonal panchakarma is essential to keep the system healthy. For more information contact Lifespa at (303) 442-1164 or visit the website www.Mindbodyhealth.com/Ayurveda-spa.

Ayurvedic Oil Massage

The Ayurvedic oil massage (abhyanga) is an essential part of your daily routine. This is because the warm, smooth, and oily properties of sesame oil are ideally suited to pacifying Vata dosha, which is cold, rough, and dry. Vata is important to pacify because it leads the other doshas. The Ayurvedic massage is said to strengthen and balance the whole physiology, improve circulation and vitality, and rejuvenate the skin.

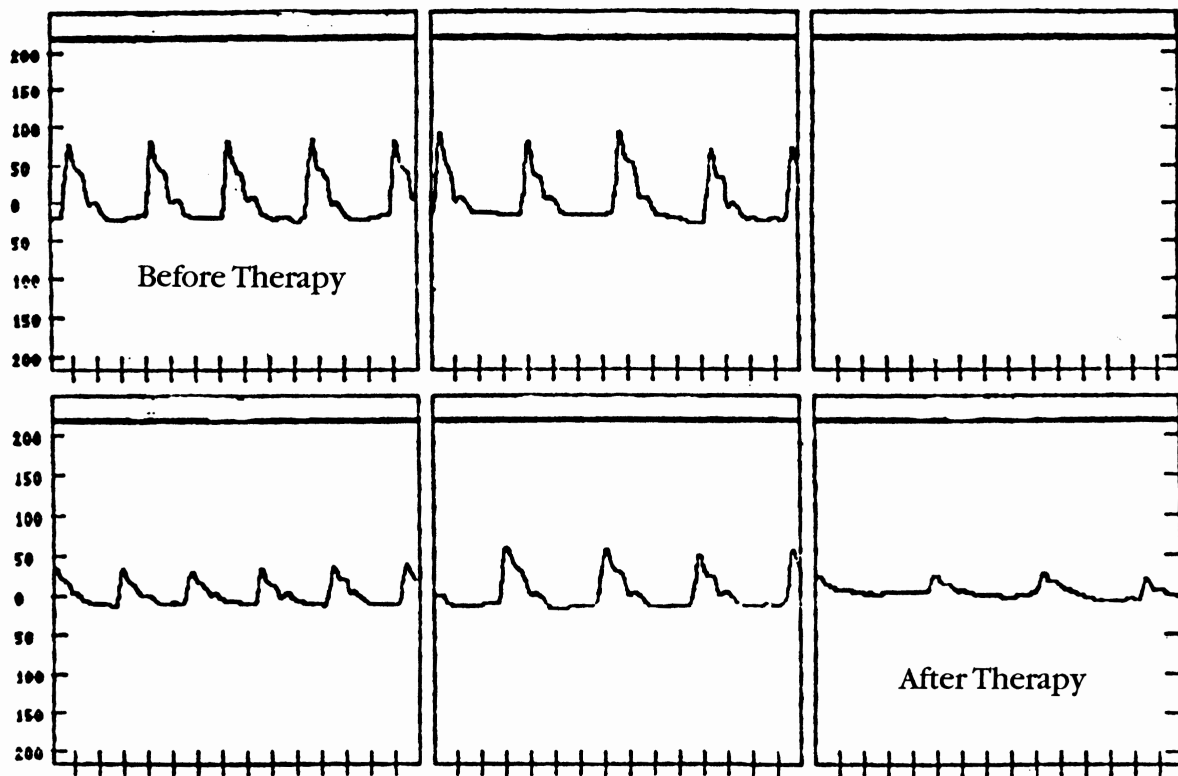
1. Use comfortably warm, cured sesame oil for your abhyanga. Keep a portion of your cured sesame oil in a plastic fliptop bottle, and warm it each day by placing it in a larger container filled with hot water, or by holding it under hot tap water.
2. Once you are undressed, apply a small amount of warm oil to your entire body and then proceed with the abhyanga to each area of the body. This will allow the oil to have maximum time of contact with the body.
3. Spend proportionately more time on your head and feet than on other parts of the body.
4. Use the open part of your hand rather than your fingertips to massage your entire body.
5. Use circular motions over rounded areas (joints, head) and straight strokes over straight areas (neck, long bones). Apply moderate pressure over most of the body and light pressure over abdomen and heart.
6. Follow the oil massage with a ten or fifteen minute soak in a warm bath. A warm shower may be substituted.
7. The oil massage can be done after or during a shower if time for a complete massage is not available.

Massage Oils for Each Mind-Body Type

Sesame oil is traditionally used for all body types; however, particular oils are also recommended for each of the three doshas.

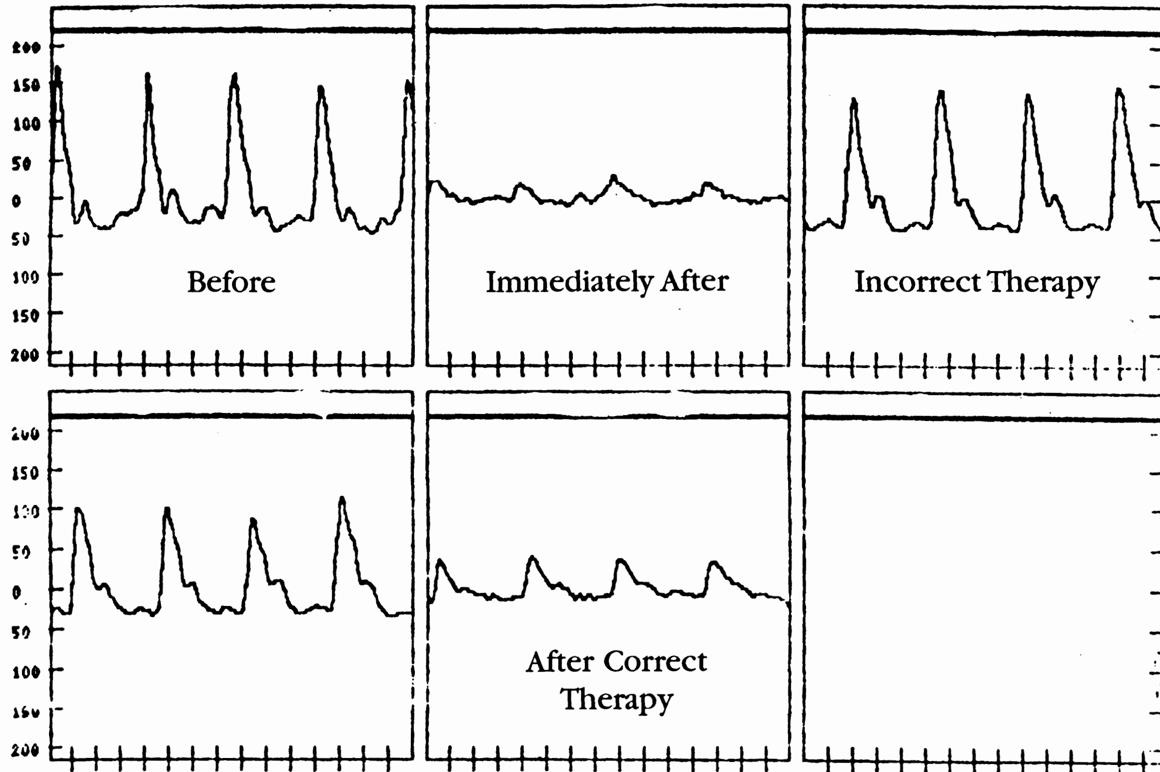
Vata	Sesame or almond or apricot oil
Pitta	Sesame or coconut oil
Kapha	Sesame or olive oil

Ayurveda Aroma Therapy Pulse Changes



TIME LAPSE: 30 SECONDS

Ayurveda Marma Therapy Pulse Changes



TIME LAPSE: 2 MINUTES

Designing Self-Treatment Programs Based on your Pulse Reading

BODY TYPE: **V P K** ☐

SEASON: **V P K** ☐

SUBDOSHA IMBALANCE: **V P K** ☐

☐

DIET: ☐

☐

☐

☐

☐

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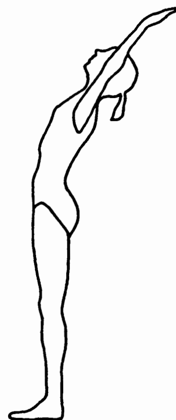
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Normal, restful breathing



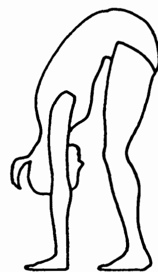
1. Salutation position

Inhale



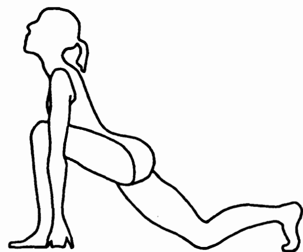
2. Raised arms position

Exhale



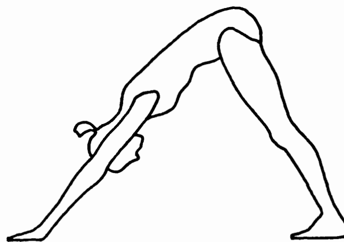
3. Hand to foot position

Inhale



4. Equestrian position

Exhale



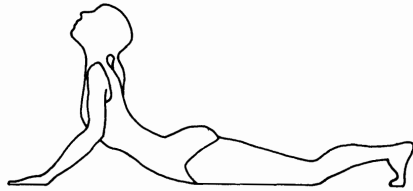
5. Mountain position

No breathing, then



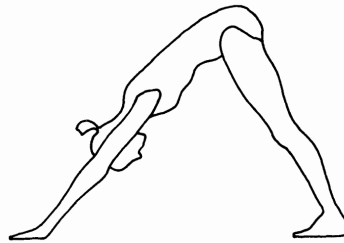
6. Eight Limbs position

Inhale



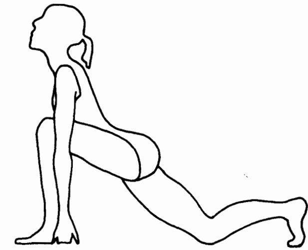
7. Cobra position

Exhale



8. Mountain position

Inhale



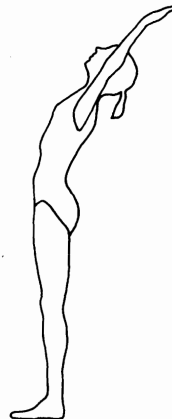
9. Equestrian position

Exhale



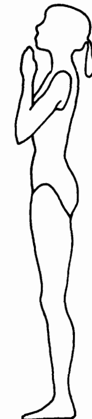
10. Hand to foot position

Inhale



11. Raised arms position

Exhale



12. Salutation position